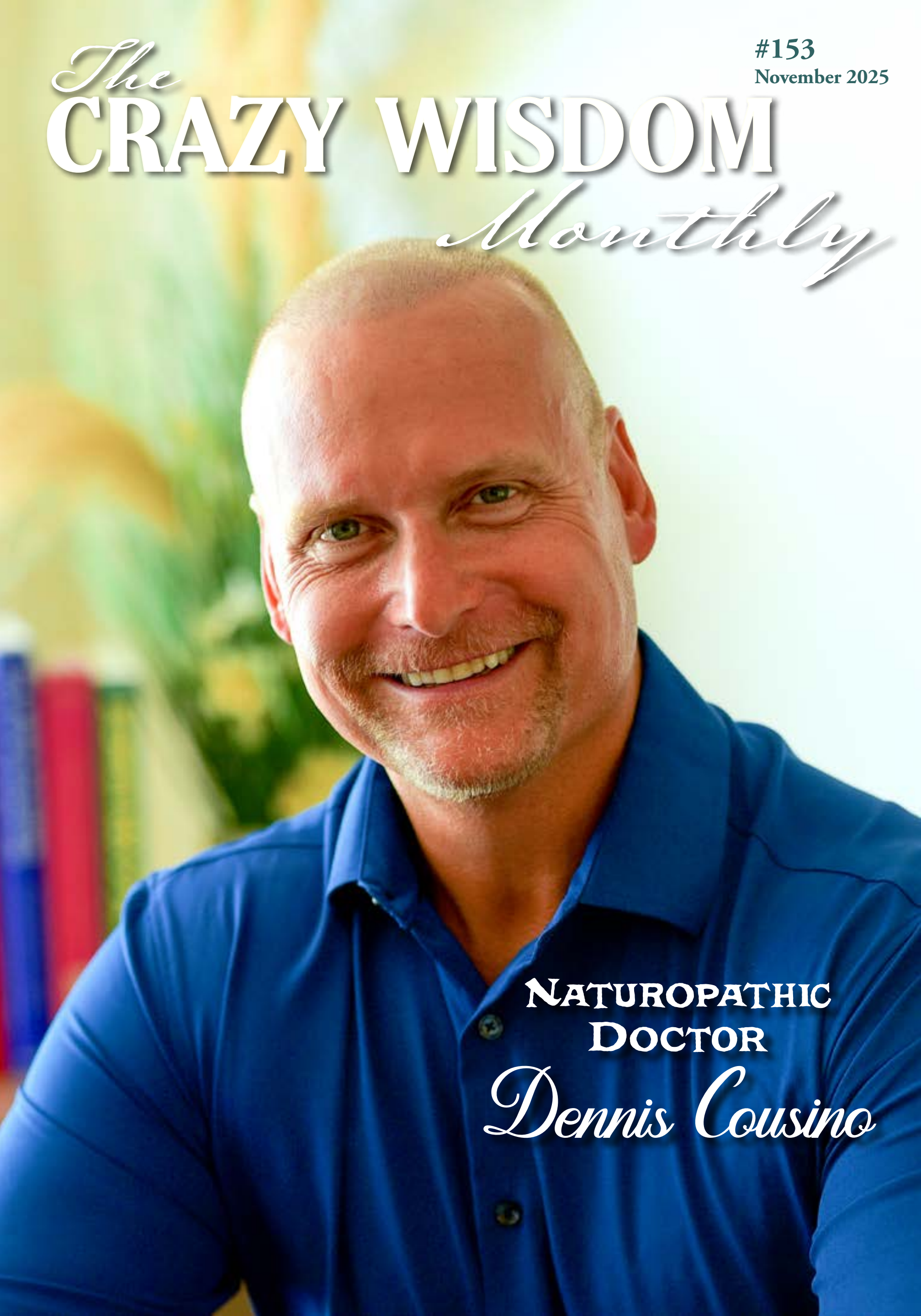
#153
November 2025

The CRAZY WISDOM Monthly



Naturopathic Doctor

Dennis Cousino

gather

GIG
THE ART OF
MICHIGAN MUSIC.
on November 8th, 2025
at Art 634 in Jackson, MI.
BANDS:
Paper Lanterns • Mazinga • Carbon Decoy
ARTISTS:
Jena Hovey • Craig Horky • Derek Ketchum • Jacob Rosenburg
Doug Coombe • Dennis Preston • Jon Rosenberger
Jackson College Graphic Design Students • Brian Sheehan
Peter Larson • Brandon Nagy • Trippin Terry • Nathan Purchase
Jonathan Doyle • Cidney Bundon • Akuro Productions
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Cover photo by Hilary Nichols.

Thanks to our contributors for this issue:

Samantha Beidoun
Hilary Nichols
Michelle McLemore
Katherine Munter
Frank Vandervort
Lynda Gronlund
Kaili Brooks
Stuart Benbow
Jennifer Carson
Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Anachdoche

A conversation where no one is listening.

Happy Thanksgiving!

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On the Cover

Dr. Dennis Cousino, photo by Hilary Nichols. Read the interview on page 10.

The fall issue of *The CW Journal* is here!

The Crazy Wisdom Community Journal

issue 90

Features

• Magical Michigan Road Trip • Mother Bear Sanctuary • Ode to The Arb
• Local Health Coaches
•Activities for Balancing Kid's Chakras .
..and more!

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Anne Erlewine Art Exhibition

Venue: Crazy Wisdom Bookstore Gallery
Date: November 1st through 30th

Opening Reception will be November 5th

Anne Erlewine works from her studio in Ann Arbor, Michigan. Anne's paternal grandmother was a fine artist who encouraged Anne to develop her skills early on. Anne received a running scholarship at the University of Michigan where she studied art and writing.

She also studied intensive watercolor painting and figure drawing at Naropa Institute in Boulder, Colorado, during the Beat Generation reunion.

Check out her artwork at anneerlewine.art.

For more Info email Chandra: chandra@crazywisdombookstore.com

Encouragement

"I have not failed. I've just found 10,000 ways that won't work."—Thomas Edison

By Katherine Munter

"I know you're down there somewhere. Please know I'm still trying to find you." I sat on the sidewalk, my open palms on the cool cement, willing warmth down to the tunnel where my friend Alex waited for me.

I've often struggled with spatial reasoning. I follow familiar paths and have difficulty visualizing how things come together. I've been told that avalanche survivors, buried deep beneath snow, can become disoriented, digging in the wrong direction with absolute certainty that they are heading toward the surface. That is how I react to maps.

I was 18 years old and living outside Paris when I met Alex, who had recently moved from his native California. Lacking money for the metro fare to the city, he was squeezing behind me through the turnstiles. We went unnoticed until, at the Gare du Nord station, we were stopped by three officers and given a choice: they could send a heavy fine to Alex's parents, or Alex could remain with the officers while I purchased a ticket.

Telling Alex I'd return shortly, I climbed the stairs, bought a ticket, and returned. They weren't there; I was now in a different part of the station. I realized I needed to retrace my steps, get back on the train we'd come in on, and re-approach the station.

My plan failed. I had an unlimited train pass, so I started jumping on and off trains, changing lines and directions, hoping one of my paths would lead me back. Nothing worked. I looked at the metro map on the wall, and the colorful lines swirled around and knotted before my eyes, strangling my hope.

Hours passed, and I crumpled onto the sidewalk above. It was Alex's first time in Paris, and he didn't speak French. This was a time before cell phones. I had no way of reaching him if I couldn't figure out the path back to where he waited. With a heavy chest, I felt I was failing him.

As I sat on the sidewalk in despair, a man pushing a broom paused and asked if I was alright. My story poured out, like an uncontrollable wave of water through a dam that had just burst. The man stood, quietly listening until my words tapered off and only sobs were left. He then put a hand on my shoulder, pointed at the ground below, and calmly replied, "He's down there, not here. Go back down. He'll be there."

My heart told me that it was useless, but I wiped my eyes, picked my weary body up, and willed myself back down the stairs. I turned a corner, and there was Alex. I blinked my eyes, as though I must be imagining it. I've never been more relieved to see someone. He smiled and told me that the officers had waited for a while but had eventually left him, figuring I wasn't returning. For hours, he'd sat alone listening to his cassette player. When the batteries died, he stretched and decided to look around the corner, where he spotted me. To him, the timing seemed perfect. He took the extra ticket I'd bought, and we got on the train to head home.

We didn't see much of the city that day, but I learned about humility and deep gratitude.

Can you recall a time that someone encouraged you when you'd nearly given up hope?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

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CRAZY WISDOM

Friday Novrmber 7th

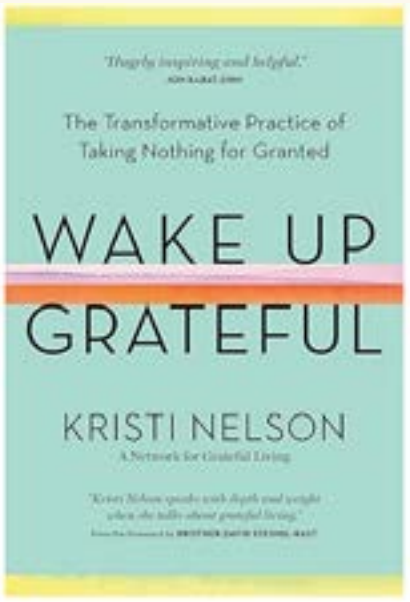
All Original Live Music

Known for his expressive voice and evocative lyrics, Harlick's music bridges contemporary folk, soft rock, and roots influences. His performances combine authenticity and warmth, creating a welcoming space for both longtime fans and first-time listeners.

Duane Allen Harlick

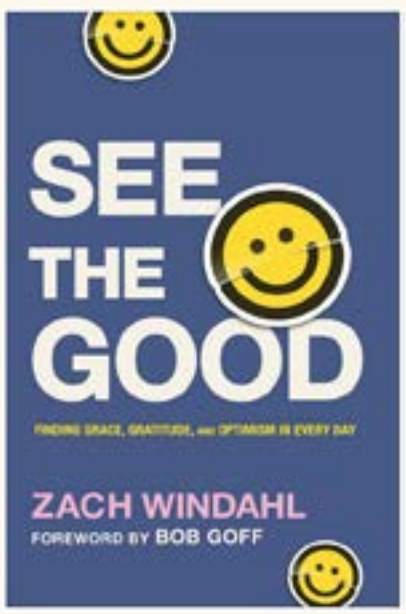
7:30pm at Crazy Wisdom

CW Book Picks *of the month*



This practical and inspiring program is filled with guiding principles, reflections, exercises, and meditations for making gratitude a daily practice, especially during uncertain and challenging times.

Is it possible to be grateful in challenging times? Our wellbeing depends on it, but how do we achieve it? In Wake Up Grateful, Kristi Nelson, executive director of A Network for Grateful Living, unlocks the path to recognizing abundance in every moment, no matter the moment. With questions for reflection, daily exercises, and perspective prompts, Nelson introduces readers to the benefits of a daily gratitude practice. Using the story of her own cancer experience as a touchstone, Nelson provides deep insight and help in finding resilience and wellbeing in the face of life's uncertainties and offers the promise of profound personal change.

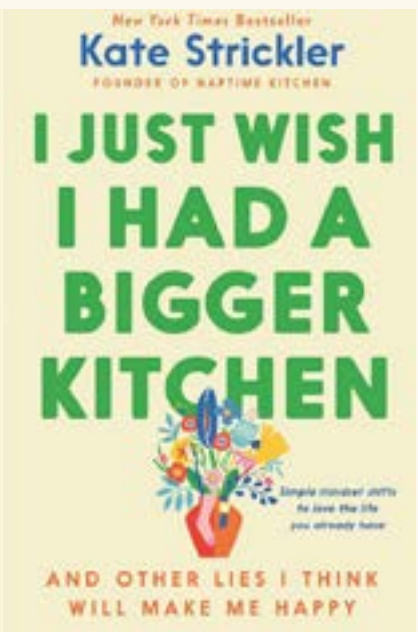


Do you think the world is getting better or worse?

So many of us fear where things are headed in the culture, the church, and our own lives. But did you know the world is getting better in countless ways? (No, that is not a typo!) What could change if we focused on the good?

After almost losing his mother to cancer and wrestling with his own faith, Zach Windahl learned to take whatever life threw at him and chose to be joyful. With vibrant and inspiring storytelling, See the Good will show you not only how but why you should focus on the positive and see the extraordinary in everything around you.

Life is hard--there's no denying that. But choosing to put our focus on the good leads to the profound benefits that come from seeing life as an amazing gift from the One who loves us best.



10 Simple Mindset Shifts to Love the Life You're Already Living

- Identifies and dismantles 10 lies about the so-called good life
- Make small, real-world changes that add up to a new outlook on life
- Learn to live and mother in ways that work for you and your family

In a social-media saturated world, it's all too easy to see the shiny lives of others and find your own less than lustrous. And while most women won't admit they're unhappy, they will tell you they just wish. "I love my life! I just wish ____." After 10-plus years of professional life online, Kate Strickler, founder of Naptime Kitchen, has experienced the many ways we see a life on the other side of the screen--and wish it were our own.

Setting out to fight the lie that what she had wasn't enough, Kate discovered simple perspective shifts that ultimately helped her fall in love with the life she already had. Here she shares the small changes you can make that add up to a whole new outlook on life. With her trademark real-life tips and life hacks mixed with humor and stories she's never shared before, Kate helps you identify and dismantle 10 lies about relationships, money, time, and home life. As you discover how to live and mother in ways that work for you and your family, you'll stop just wishing your life away--and begin to truly enjoy the one you already have.

COOKING: *a spiritual practice*

From Our Blog

By Liza Baker

According to Sophie Egan in her book Devoured, March 2015 was a watershed moment in the eating lives of Americans: for the first time since the government began tracking our spending habits around food, we spent more money on food prepared outside the home (restaurants, takeout, etc.) than on groceries that we cooked at home.

In Cooked, author/activist Michael Pollan writes that the average American spends 27 minutes making dinner, far less time than it takes to watch an episode of Iron Chef! America has become a nation of people who love to watch cooking as a spectator sport but don't otherwise engage in it regularly.

Cooking from scratch every night of the week can seem overwhelming, even more so if you make a hot breakfast and pack a homemade lunch (or four) every day because let's be honest, we are all living high-octane lives, especially if we are not only busy professionals ourselves but also the parents of over-scheduled kids. Add to that the ideas that each meal should look like something out of a gourmet cooking magazine and be prepared at the speed of light, and well, there's not much incentive to even try.

But try we must if we want to make some changes to our waistlines.

Importantly, cooking from scratch on a regular basis can be what Charles Duhigg, author of The Power of Habit, would call "a keystone habit": one that unintentionally causes a cascade of positive outcomes. You may notice that once you make a habit of cooking at home using whole ingredients, your weight drops, your numbers fall in line, you spend more quality time with family at the table enjoying the food you've prepared, you have more energy, you work out more regularly, you sleep better, your stress level drops, and so on.

In culinary school, I learned to start each day's cooking by taking care of my knives and setting up my station; at home, I start each meal's prep by centering myself with a few deep breaths, a gentle touch of the angel medallion, and a listing of gratitudes.

You can enter this cascade at a different point as well: you work out more regularly, you start eating better to fuel your workouts, you sleep better, your stress level drops, you lose weight, etc. Or you take up meditation, your stress level drops, you lose weight, etc. The point is, one habit fuels other ones, partly for physiological reasons and partly for psychological ones: success in one area of our lives tends to help us feel as though we can take on another problematic area.

Because of my culinary background, most clients come to me for help in reclaiming their health by reclaiming their kitchens, so I created what I call the Fl!p Your K!tchen™ system for them. The system initially involves a little planning and effort—and it can have a deep impact on what economists call the triple bottom line: improved physical health, a fainter environmental footprint, and a connection to your local food economy and your community in new and rewarding ways.

There are some "hard" skills to be acquired — namely learning to meal plan and to cook — and there's also a "soft" skill — the mindset shift that takes place when you start to bring an intentionality to how you show up in the kitchen and at the table, how you nourish yourself and others.

You may just laugh out loud if I tell you that cooking is one of my spiritual practices, but I first came across the idea with one of my mentors, Peggy Curry of Curry Girls Kitchen, who is working on a cookbook and creates wonderful videos of healthful recipes with her daughter and business partner, Megan Curry.

From Peggy, I adopted the idea of making the kitchen a sacred space — also from her, I got the centerpiece of my "kitchen altar," a little ceramic angel medallion that graces the handle of the cabinet directly over where I spend most of my kitchen time.

In culinary school, I learned to start each day's cooking by taking care of my knives and setting up my station; at home, I start each meal's prep by centering myself with a few deep breaths, a gentle touch of the angel medallion, and a listing of gratitudes: for the food I am privileged to have and the earth, air, water, sun, and pollinators, the chain of growers, pickers, packers, and transporters who have brought it to me. I set an intention to treat the food with respect for the nourishment it brings. Only then do I start to cook.

Read the rest of the story online!

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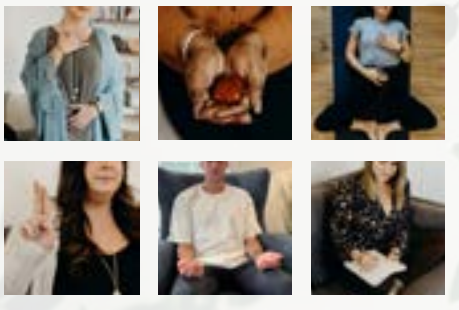

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From Our Current Issue

A Miracle Led *the Way*

a talk with Naturopath, Dr. Dennis Cousino

By Samantha Beidoun • Photo by Hilary Nichols

Dr. Dennis Cousino, ND, HHP, CFT of Dynamic Health lets us in on a journey of pain, faith, and healing in his own life—an experience that can only be described as miraculous. Dr. Dennis Cousino was raised in Tecumseh, MI and stil lives in the area with his wife and three boys. He completed his Naturopathic Doctorate at the First University of Naturopathy and has been practicing for 15 years specializing in chronic digestive and adrenal disorders. He is also a certified QRA Practitioner, a member of the American Drugless Practitioners Association, the International Sports Science Association, and has developed his own form of Energetic Kinesiology, called BioDynamic Testing. Dr. Cousino now shares his passion for healing with his patients to help them discover the root causes of the body's symptoms.

What first sparked your interest in this type of work?

Dr. Dennis Cousino: I started off in sports medicine but was told that there weren't a lot of openings for physical therapists, or in that field in general, and that I wasn't going to make a lot of money. So, I changed paths and started going to school for pre-med. At that time, I was training for a triathlon, and I started having pain in my back. I thought it was just a pulled muscle, but by the third night I ended up in the emergency room–which became the start of seven years of literal hell. I was in such great pain that I'd pass out unconscious. I saw so many doctors; I was going downhill fast, and I even went to different countries to get help.

Eventually, I came to find that I had a parasite that got up into my body and was laying eggs inside of me. From all of the doctors that I saw [and received no answers] I lost confidence in what they were doing. Nobody had any great solutions for me, so I started to see people off the radar so-to-speak, and started getting some actual help, and then took interest in a naturopathic college, and decided to do that to really help people.

In our conversation, I've heard you mention your faith. Do you attribute your faith to healing you in your health crisis and ultimately leading you here today?

Dr. Dennis Cousino: Absolutely! I was in such a bad place before my body became renewed. I had to drive down to Georgia for some schooling. My pastor's wife gave me a CD of a pastor out of California, and he didn't say anything unusual that I hadn't heard before, but he was speaking of how the enemy works and how the enemy gets authority when we give place and meditate on the bad. Because I had been stewing and meditating on how bad this pain situation was, I decided to focus and give a stance on what I wish would happen instead. For the entire time I was driving from Ohio all the way to Tennessee I just kept repeating "I'm healed, I'm getting healed." What was crazy was I stopped at a rest stop somewhere near Nashville, and I remember getting out of the vehicle, walking to the facilities, and I felt really weird–like everything was in slow motion. I even noticed a bird flying by, and I was staring at it in slow motion. When I came out of the restroom, I just didn't feel rushed. I decided to sit at a picnic bench and was appreciating how peaceful everything was. I probably hung out there for about 45 minutes. And I was just absorbed in this good feeling. I was typically a fast-paced, needing to be told to slow down type of person, so it was out of character for me to be able to take time to focus and notice.

Then, when I got to the hotel in Georgia, and was getting ready to get into bed, I heard a voice that sounded like it was outside of me and inside me at the same time. It said, "Trust me." And it was crazy because I didn't have a fear of the voice. I just knew it wasn't me, and I knew what it meant. I was so tired and so overwhelmed, but comforted by the voice, that I went to bed without taking my pain medication. I woke up in the same way I went to bed, the sheets were not thrown about from any thrashing of pain that usually happened. I actually slept. And that was the beginning of being pain free. It was a miracle, honestly.

Do you think there is a place for modern medicine, or should people seek out more holistic approaches?

Dr. Dennis Cousino: I think there's a place for modern medical intervention. I often refer to it as a red, yellow, green light. I think sometimes in the red light, people need to stabilize a serious situation, but they should not be sustaining [themselves] in that area. And there are a lot of chronic conditions that absolutely can be remedied and worked out through more functional naturopathic approaches that do not need any type of medical intervention. So, it just depends on the situation.

If our regular medical doctors aren't finding what's going on, instead of going in this never-ending circle, people should seek alternative methods. There are a lot of things that are being overlooked [by allopathic doctors]. There are cloaked disturbances that are hidden in people's bodies, that are not being revealed by blood tests. Symptoms are not the best indicator for how good or bad off a person is because every symptom is a courtesy for survival.

We tend to demonize symptoms and want to kill them rather than trying to help our body work itself out and regulate. Take a fever for example. You don't kill a fever, you regulate it. If you have a fever of 103-104, you bring it down to 102 and you let the immune system optimize and kill whatever is causing it. A certain level of pain for a short time is helping the body to work it out, but we don't want to sustain any symptoms–that's what can create more problems. So, the problem is that we're suppressing things with a lot of medication as a means of relief. We're trying to make a person have a false sense of being fixed–when it's just suppression. It's like the game Whack-a-Mole. A symptom pops up somewhere, it gets suppressed, another symptom then pops up and makes things look like a different condition and nothing is being solved at the root. You don't just find a needle in a haystack—you play the game of elimination.

What can people expect when they come in seeking care from your practice?

Dr. Dennis Cousino: I will have an initial evaluation and talk with them. The first thing that we focus on is making sure that we're establishing systemic circuit communication. We're making sure that the body is partnered with us to help it to heal. I don't really just focus on one area, but on restoring cell communication. And the second phase is stabilizing adrenal, liver, and digestive function. When we have these things working, we're going to be more optimized to help deal with the causes. But to not deal with these things first, then we're failing to realize why the symptoms were there to begin with. It's kind of a sequence I use with everyone.

When did you start Dynamic Health and how has it changed since the beginning?

Dr. Dennis Cousino: Dynamic Health started seventeen years ago. My brain has changed. I can naturally speak the language of the field rather than needing to try to recall what I've been taught. I'm more efficient in what I do now. I can associate conditions better and resolve things more quickly based on knowing where I'm going. The saying "you don't know where you're going unless you know where you came from" rings true. With my experience now I know how to connect more of the dots. I'm a big respecter of certain principles, like the law of individuality. I think that if you are always focusing on some cookie cutter protocol, you need to do something else, because people are very unique, even with similar conditions. And I may have different starting points with people. I could have somebody with diabetes that has a lot of anxiety and depression, and I can have another person who has diabetes who doesn't have those conditions. So, if I don't stabilize their stress pattern, then I'm not optimizing healing. Whereas with the other person, I may need to put more focus into giving them a better exercise plan.

What are some key services that you offer?

Dr. Dennis Cousino: We do bio feedback. We do alpha thermography, which is an advanced form of thermography. We do pelotherapy where we're hoping to remove traumas and reconstruct from lack of communication from one area of the body to others. And I develop regimens for people, but the deeper thing I do is functional medicine. It's going to be troubleshooting and really kind of carefully listening to the body and the symptoms and tracing out where the causes are coming from. My intent is to get to the root of everything. I don't want to just try to trim a branch, and they feel better for a little bit and then it manifests back into something else–because that's what happened to me. I want to actually find out the full picture and make resolutions.

To reach Dr. Dennis Cousino and learn more about Dynamic Health, visit dynamichealthservices.com. The office is located at 6360 Jackson Road Suite M, Ann Arbor, MI 48103. For more information call (734) 997-9400.

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September through December 2025

THE CRAZY WISDOM CALENDAR

Calendar edited by Kaili Brooks

A Course in Miracles

A Course in Miracles Study Group with David Bell • Ongoing Mondays • 6:45 to 8:45 p.m. • All are invited to join a group reading and discussion of the text of *A Course in Miracles* (Foundation for Inner Peace). Additional supporting works are also presented and discussed. In-person and on Zoom. Donations accepted. For more information contact David at (734) 646-8475 or visit interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts: Zoom Only • Ongoing Thursdays • 7:30 to 8:30 p.m. • The focus of the group is on practical application of Course principles to daily life. There is a mix of reading passages from the text, lessons or manual for teachers, and participant sharing of experiences as relate to those passages. Donations accepted. For more information contact Randall at (517) 750-8087 or visit interfaithspirit.org.

Art and Craft

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, December 1, 8, & 15 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robinlily@outlook.com.

Book Events

***Fuzzy Caterpillar* Story Time & Book Signing with Rowena Conahan • Saturday, October 25 • 11 a.m. to 12:30 p.m.** • Rowena Conahan will tell stories from her new book, *Fuzzy Caterpillar: Stories and Activities for Forest Kindergartens and Families*. These tales will enchant children ages 3-6, as well older kids and adults. Simple activities will be available to enjoy. Copies of Fuzzy Caterpillar will be for sale at a discount, and Rowena will sign books. FREE. For more information contact Rowena at (734) 660-6011, email naturespeaklife@gmail.com.

Vampires on Vacation: Celebrate *Vampires at Sea* with Lindsay Merbaum • Wednesday, November 19 • 6:30 to 8:30 p.m. • Join Lindsay Merbaum upstairs in Crazy Wisdom's Celestial Lounge as she discusses her book: smutty, horror-comedy novella *Vampires at Sea*. The novella features a pair of chic emotional vampires on a queer Black Sea cruise, where they meet the non-binary influencer of their dreams/nightmares. Orgies and emotional mayhem ensue. Join us for themed mocktails, a reading, Q&A, and signings with the author. FREE. For more information contact Lindsay at (510) 289-3774, email Lmerbaum@gmail.com, or visit lmerbaum.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Saturday, October 5, 19, & 26; November 2, 16, & 23; December 7 & 21 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states activated by special breathing techniques. Ann Arbor and Ypsilanti locations. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Miracle of Mindfulness with Suzanne Xuereb & Georgia Greene • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master Thich Nhat Hanh. This is a peer led group and there are four to five members that facilitate depending on the group. FREE, donations to Zen Temple of Ann Arbor accepted. For more information contact the HRMC at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Practical Buddhism with Gelek Rimpoche • Wednesday, November 5, 12, & 19, December 3, 10, & 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Sunday, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 11 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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The Bodhisattva's Way of Life: Enthusiasm! (Chapter 7) with Demo Rinpoche • Thursday, November 6, 13, & 20 • 7 to 8:30 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. It gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This course focuses on chapter 7, enthusiasm. $70 Jewel Heart member/$90 Jewel Heart non-member. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Year-End Candle-Lighting Service with Maum Gloria Cox • Wednesday, December 31 • 8 to 10:00 p.m. • This is an occasion to take stock of one's life and to greet the new year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. $20 donation. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

What's New in the Community SPOTLIGHT!

By Lynda Gronlund

What was previously known as the Kerrytown Bookfest since it began in the Ann Arbor Farmer's Market in 2004 has completed its transition to be run fully by the Ann Arbor District Library.

The name changed to the A2 Community Bookfest in 2023 when the Kerrytown Bookfest Board first partnered with the library after a one-year hiatus due to the Covid-19 pandemic followed by a location change to Washtenaw Community College in 2022. In 2023 the Bookfest was renamed, move to the library, and put on in partnership between the Kerrytown Bookfest Board and the AADL. The Board disbanded in 2024, having ensured the continuation of the festival under the AADL.

This year's Bookfest will be held on Sunday, November 9 from 10:00 a.m.– to 5:00 p.m. at the Downtown Library. Book related events will be held all day including author talks, hands-on crafts for children and adults, story time readings for kids, writing workshops, and discussion groups. The vendor floor will be filled with around sixty local booksellers, authors, publishers, and book and paper related artisans. The library's publishing arm, 5th Avenue Press, will also hold its annual author reception celebrating the year's new book releases. The Press's new books include two picture books, two memoirs, and one book of literary fiction.

This year's keynote headliner is California-based Katie Kitamura, the bestselling author of *A Separation*, and *Intimacies*, which was one of the New York Times' "10 Best Books of 2021." Her newest novel, *Audition*, explores the roles people play with one another. She is known for well-crafted prose that examines themes of morality and identity. Her talks touch on language, her lived experience as an immigrant, and finding her voice as a writer.

This event is free to attend, and though vendors are juried, there is no fee to vend at the event. This, said AADL Librarian Emily Murphy, is part of the advantage of hosting big events at public libraries. No tickets are needed, and people can walk in or out throughout the day. Everyone is encouraged to stop by or stay all day to enjoy the rich Ann Arbor book community.

More information and complete schedule of events is available at aadl.org/bookfest. The Ann Arbor District Library's downtown branch is located at 343 South 5th Avenue, Ann Arbor, MI 48104. Questions can be directed to bookfest@aadl.org.

Join local authors and attend book related events at the A2 Comminity Bookfest on Sunday, November 9th.

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The Crazy Wisdom Calendar

Ceremonies, Celebrations, and Rituals

Sunday Celebration with Interfaith Center for Spiritual Growth • Ongoing Sundays • 10:45 a.m. to Noon • We explore universal truths from all spiritual paths. Donations are gratefully received. For more information visit interfaithspirit.org.

Winter Solstice Ritual Celebration with Esther Kennedy • Sunday, December 21 • 3:30 to 4:30 p.m. • With joy and anticipation, we await the coming light, rising from within the darkness. Teilhard de Chardin states, "There is light and only light ahead of us." In song and dance we remember that "we are light for those we meet and for our world." FREE. For more information contact the Weber Center (517)-266-4000 or visit webercenter.org.

Channeling

Remembering Wholeness: Darshan with the Mother & Barbara Brodsky • Tuesday, November 23, & December 14 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron & Barbara Brodsky • Wednesday, November 19, & December 10 • 7 to 9:00 p.m. • Evenings with Aaron meets monthly and is open to all. Since 1989, Aaron has offered insight on current world issues, guiding us to respond from loving awareness. He reminds us all experiences are teachers, encouraging dynamic compassion—living spiritually grounded lives. Some evenings include specific practices or guest teachings from Aaron's spirit friends, plus open discussion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Death and Dying

Death Cafe with Rev. Annie Kopko • Tuesday, November 4, & December 2 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations gratefully received. For more information visit interfaithspirit.org.

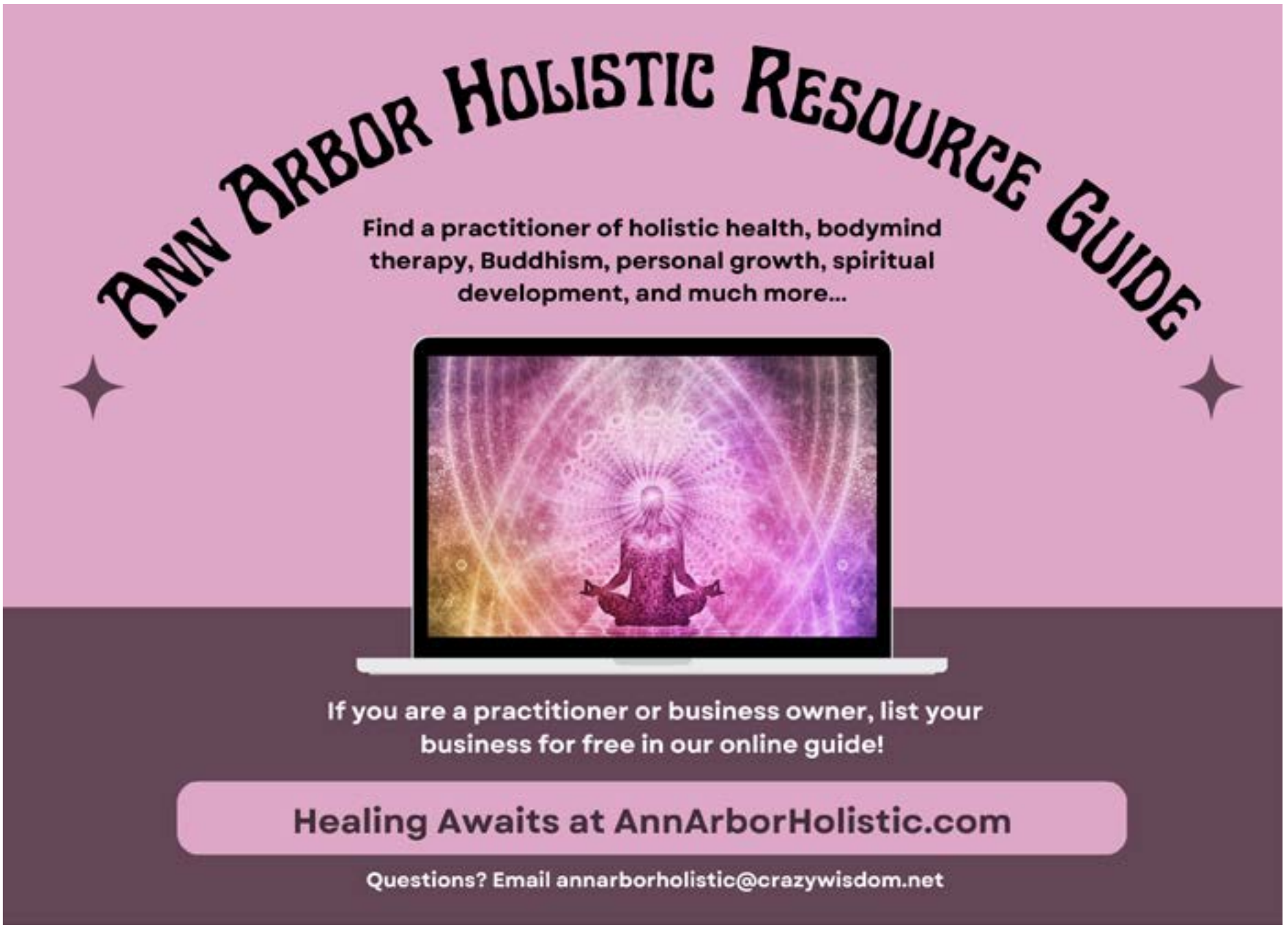
Ann Arbor Virtual Death Café with Rachel Briggs • Tuesday, October 4, November 1, & December 6 • 11:00 a.m. to 12:30 p.m. • Conversation on zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info visit www.DeathCafe.com. Open to all adults. Please note: This is not a grief support group. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com

Ann Arbor Death Cafe In-Person Meeting with Merilynne Rush • Saturday, November 15, and December 20 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small and large group discussion, deep listening, and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note: This is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Tuesday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required; held on Zoom. $265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Drumming

Drummunity Circles with Lori Fithian • November 15, & December 20 • 7 to 8:30 p.m. • Come join the Drummunity! All ages, all levels welcome. Drums and percussion instruments provided or bring your own. Rhythmic Fun for the whole --with a focus on community-building. Rhythm games, singing, dancing, and improvising will bring us together! A $5 donation for the center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Find a practitioner of holistic health, bodymind therapy, Buddhism, personal growth, spiritual development, and much more...
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Healing Awaits at AnnArborHolistic.com
Questions? Email annarborholistic@crazywisdom.net

is most welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit interfaithspirit.org.

2025 Holiday Drumming with Curtis Glatter • Sunday, November 30 • 2:00 p.m. • Drummer Curtis Glatter will be returning to host a post-Thanksgiving Drum Circle. *No experience necessary! *Sliding scale donation at the door! *Bring a drum with you or play a drum provided at the Center! This is a fundraiser for the Michigan Friends Center. Suggested donation $5-20 per person. For more information contact manager@mfcenter.org or visit mfcenter.org.

Energy and Healing

Gentle Qigong with Rory Walsh • Saturday, November 1, 8, 15, & 22 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 drop-in, $95 for full term of seven classes. For more information Contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Healing through Connecting Constelallations™ Sacred Saturday Workshop with Michaelene Ruhl • Saturday, December 6 • 1 to 6:00 p.m. • Join us in a sacred, compassionate space to reconnect with yourself, ancestors, and others. Through family and systemic constellations, experience healing, insight, and peace—simply by being present. No judgment, just love. $185. For more information contact Michaelene at (248) 345-3557, email michaelene@constellationhealingarts.com, or visit constellationhealingarts.com.

Light Therapy Basics with Paula Neys • Tuesday, November 4 • 10:30 a.m. to Noon • You know how you feel better when you get a little sunshine? Light heals us because it's an essential nutrient. This basic light therapy (commonly known as red light therapy) will give you foundational skills to elevate your health, the health of your family, friends, and pets. Class is limited to five participants. $15. For more information contact Paula at pneys@icloud.com.

MariEl Energy Work Training with Mary Light • Saturday, November 8, & December 13 • 9:30 a.m. to 4:30 p.m. • This is a three-day training with assignments in between the monthly meets. MariEl is a bodywork session designed to facilitate release of trauma in a gentle yet effective manner, often through a series of sessions. $800 with a $300 deposit. For more information visit naturopathicschoolofannarbor.net.

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, December 18 • 7:30 to 9:30 p.m. • Every four weeks for two hours Eve Wilson, Master Healer/World Healing & Ascension Worker guides and empowers 40+ people into the new world experience. Once there, we work to heal and ascend our human selves and the world we live in. We work by phone conference call, so each of us can be focused on our own work and not distracted by others. $300 Series; pay as you go or sliding scale options. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Exercise and Fitness

Total Body Strength and Balance with Jackie Farah • Monday, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9 to 10:00 a.m. • Total Body Strength and Balance is a fusion class drawing on elements of strength and circuit training, cardio, core balance, Pilates, and barre. Instructors offer their classes a workout covering every major muscle group, moving from weightlifting and balance to abdominal and lower body work. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Fundamentals of Pilates and Stretching for Back Care with Sara Atwell • Monday, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9:30 to 10:30 a.m. • If you are new to Pilates this is your class. Pilates is a series of exercises designed to strengthen the core including back shoulders and hips. The exercises will be broken down to support new movers and those that want to review technique and Pilates principles. Focus will be on gradual strength, flexibility, and stability. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio Plus with Jackie Farah • Monday, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 10 to 11:00 a.m. • Cardio combined with total body strength training. This fun class will use different equipment to strengthen all muscle groups, improve balance, and keep your heart rate up. Emphasis is placed on proper form while safely increasing muscular strength, improving core stability, and cardiovascular fitness. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

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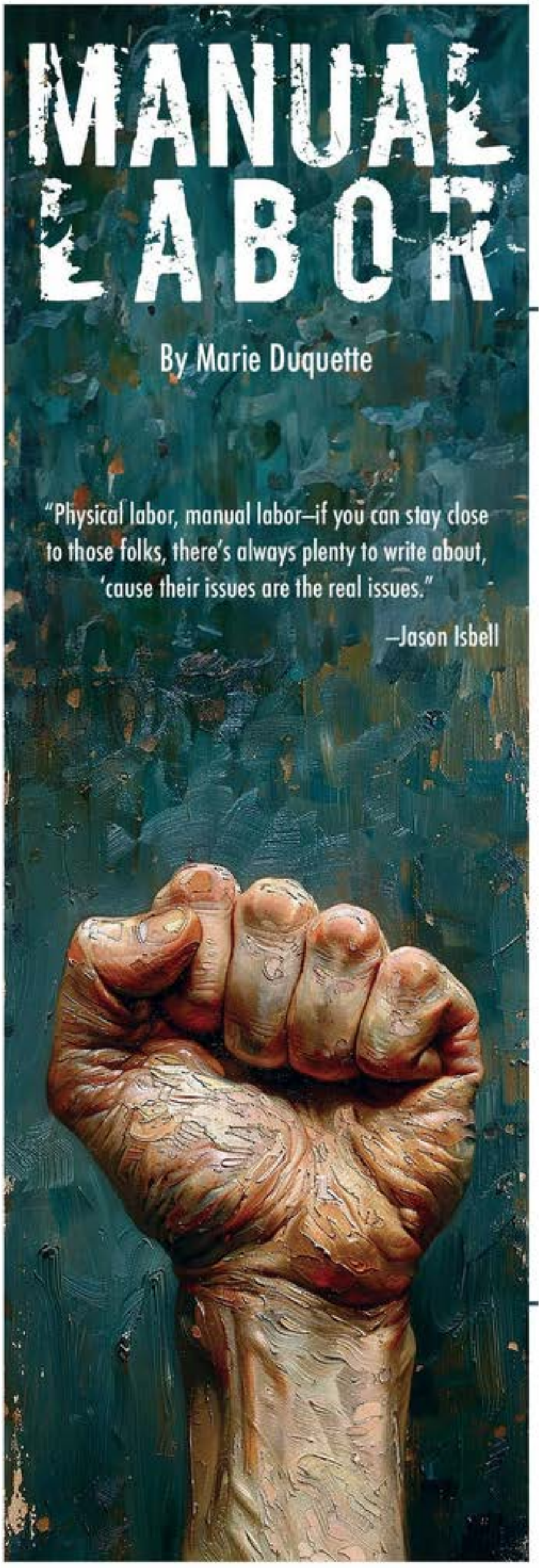
MANUAL LABOR
By Marie Duquette
"Physical labor, manual labor–if you can stay close to those folks, there's always plenty to write about, 'cause their issues are the real issues."
–Jason Isbell

From Our Archives

By Marie Duquette

I still have the scar on my forearm from when I touched it to the edge of the oversized sheet pan after taking it out of the oven. It happened the first week I worked in a busy kitchen, one year ago. I wear it well.

At age sixty-three, after a lifetime of jobs that demanded my brains, wit, voice, compassion, and leadership, I jumped into the most physically demanding job of my life. I did not anticipate that this season of semi-retirement would include working with a dozen chefs in a busy kitchen. I did not imagine pouring off boiling water from heavy pots of pasta or using just one hand to transfer sheet pans of chicken breasts from the oven to the quick-cooler while my other hand was holding the door of the cooler open.

I imagined this season would continue my lifetime occupation of sitting at a desk, leaning heavily into my mind, my imagination, and my keyboard. I didn't realize that this plan would come up short in compensation, in health insurance, in engagement with the world, or in the ways my body needed to move to be healthy.

For the last year, I have been working in a busy industrial kitchen where we make catering-sized trays of pulled barbecue, cashew chicken, and eggplant parmesan, among other things. We make four homemade soups daily, simmering the stocks all night long. We make our own salad dressings, pesto, and mayonnaise. We use an immersion blender the size of an upright vacuum cleaner. I walk an average of four miles per a six-and-a-half-hour shift, including up and down steel stairs that separate the front of the house from the back.

At Thanksgiving, we roasted 400 turkeys. We prepared, boxed, and delivered more than 200 feasts with a wide variety of side dishes.

We carried walkie-talkies on the two days those customers picked up their dinners, so that the front of the house could easily tell the back of the house which customer had arrived, and a runner could select their side dishes from refrigerated racks, box their full order, and rush it to them.

Everything in this kitchen is big. The steel pots in which I boil water for orzo, penne, and couscous hold forty quarts of water. The sheet pans are 13" x 18" and tall racks on wheels hold twenty pans each. The separated stainless sinks are bigger than the biggest bathtub I've ever seen.

Musical artist, Jason Isbell wrote, "Physical labor, manual labor – if you can stay close to those folks, there's always plenty to write about, 'cause their issues are the real issues."

I was a pastor in the Evangelical Lutheran Church in America for twenty years, serving four congregations, in three separate states. In retrospect, the conversations I had in that profession seem too measured, too careful, more scripted than any I've had during my year with the chefs. In our kitchen, we listen to loud, raucous, often vulgar music. I use a chef knife to chop everything, no matter how small the dice. And as the day goes on, and chefs toss their black sauce-spotted aprons into the laundry can, I often find myself in conversations about real issues with the few who are left. We talk about work shoes and tattoos. We talk about health issues, the inadequacies of insurance, and the challenge of caring for extended family. We talk about grief and the way it shapeshifts but never completely goes away.

Read the rest of the story online.

Dan Desena

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Dan DeSena is a psychotherapist and embodiment coach with over 15 years of experience. He creates powerful spaces like The Circle of Embodied Men to help men heal, grow, and thrive.

What *to* Expect

- **Embodied Practices:** Tap into your body, emotions, and purpose.
- **Connection:** Build authentic relationships with like-minded men.
- **Healing:** Break through barriers holding you back.
- **Actualization:** Align with the most empowered version of yourself.

Logistics

- **Location:** Zionwell Yoga Studio, 3384 Washtenaw Ave, Ann Arbor, MI
- **Time:** Wednesdays, 8:00 PM - 10:00 PM, Twice Monthly

Upcoming Dates:

July 7/9, 7/30 **Oct** 10/8, 10/22
Aug 8/13, 8/27 **Nov** 11/5, 11/19
Sept 9/10, 9/24 **Dec** 12/3, 12/17

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Appointments in person and online

The Crazy Wisdom Calendar

Exercise and Fitness continued...

Build and Tone Your Upper Body & Stability with Jackie Farah • Tuesday,, , November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Target all major muscles. We utilize a mix of free weights, resistance bands, med balls, stability balls and BOSU balls. It is suited for everyone to a beginner to a fitness fanatic. Resistance training does more than just make your muscles stronger—it can also boost your metabolism, improve your posture and mood, and much more. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Balance, Flexibility, & Core Strength with John Farah • Tuesday, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 2 to 3:00 p.m. • A total body workout with a focus on strengthening the core and balance. You will improve overall balance, posture, muscle tone, and mobility as you learn to move the body to help avoid injury and strengthen your balance. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

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Cardio & Core Fusion with Jill Goldstein • Thursday, November 6, 13, 20, & 27, December 4 • 9 to 9:50 a.m. • Step into Cardio & Core Fusion, a dynamic fitness class that seamlessly blends low-impact cardio with strength training and mat exercises, designed for all levels of fitness. Whether you're just starting your fitness journey or are an experienced enthusiast, this class adapts to your pace and abilities. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Total Body Strength with Lisa Camfield • Thursday, November 6, 13, 20, & 27, December 4 • 6 to 7:00 p.m. • Increase your strength, improve your balance and stability, and have fun. This class uses different equipment to strengthen all muscle groups with an emphasis on core strength and stability. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Mat Pilates with Sarah Atfield • Friday, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • 9 to 10:00 a.m. • Pilates involves a series of precise movements to strengthen your core muscles while making you more flexible. Pilates enhances posture, muscle tone, and joint mobility without high impact, flexibility, balance, coordination, concentration and is a great way to relieve stress. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cycle and Strength with Jackie Farah • November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 8:30 to 9:30 a.m.• Improve your cardiovascular fitness as you progress through a class challenging you with increased endurance and strength rides. Hop off the bike and get work on targeted muscle groups to tone and strengthen. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Festivals and Fairs

Enlightened Soul Holistic Psychic Fair with Enlightened Soul Center & Shop • Ongoing 1st and 3rd Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. Energy healers, shopping, snacks, and parking. $5. For more information visit enlightenedsoulcenter.com.

Michigan Psychic Fair • Sunday, November 2, 9, 16, 23 • December 7, 14 • Noon to 6:00 p.m. • Experience readings from gifted psychics and healers, and shop spiritual vendors who bring their unique talents and offerings to each psychic fair. From insightful readings to transformative healing sessions, they're here to guide and support you. Each weekend is a different location. Visit mipsychicfair.com for dates, towns, and full details.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, October 3, November 14, & December 12 • 7 to 9:15 p.m. •
September 12— *The Best Bad Thing*,1997. This is the story of a twelve-year-old named "Rinko Tsujimura" who is sent from her parents' California home for a character-building stay on her aunt's rural farm.

- November 14— *One Night with the King*, 2006. The moving biblical tale of Esther, a humble Jewish girl, who saves her people from annihilation and wins the heart of the handsome Persian king Xerxes. A lush ode to one of the Old Testament's most inspiring women.

- December 12—*Resurrection*, 2016. The story of a woman who survives the car accident that kills her husband. Discovering that she has the power to heal other people, she becomes an unwitting celebrity, the hope of those in desperate need of healing, and a lightning rod for religious beliefs and skeptics.

FREE, donations welcome. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Food and Nutrition

Nutritionars(TM) & info-nars on Need-to-Know 21st Century Bioscience Key to Wellness Fall Seminar Series • Held Online and at To-Be-determined Venues • Typically 6:30 to 7:30 p.m. • Learn about the role pomegranate ingestion could have in mitigating Alzheimer's disease; about the science underpinning the purported benefits in the body obtained from ingesting certain foods/herbs/spices (cloves, cucumbers, cinnamon, etc.) $12 ea for groups of 3. $28 minimum for a solo session. For more information including current Nutritionar offerings please email ChE4theEarth@gmail.com.

Healing

Kidulting Makeover with Debra Metler • Saturdays, November 1, 8, 15, & 22, December 6 & 13 • 11:00 a.m. to Noon • Are you feeling old and cranky? Have you lost your youthful energy? You might need a Kidulting Makeover on Zoom. Feel young at any age! Have a lot of fun! Experience better health, less stress, and increased creativity. Bring your friends. Minimum of 3 required. $20/person. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Class Visits to Herbal Medicine Class with Mary Light • Ongoing Saturdays • Times TBD • Mary has always welcomed prospective students to meet and see our studio, and ask any questions, receive literature, and apply. FREE. For more information contact Mary at (734) 769-7794.

Identification of Edible & Medicinal Plants with Gabi May • Sundays, Exact Dates TBA • 4 to 5:30 p.m. Come learn how to identify edible and medicinal plants and hear their indigenous uses and western medicine stories from a medicinal chemist's perspective! $10. For more information contact Gabi at (269) 271-8797, email gabriellemay103@gmail.com, or visit mysticmay.com.

Herbal Medicine Class Meet and Greet with Mary Light • Saturday, November 15 • 9:30 a.m. • Each date is a different topic, held the 3rd Saturday of the month, no background necessary. Holistic bodywork, Hydrotherapy, nervous system balancing. These are great previews to our year-long certification series. Full day of natural medicine classes for $150; ½ hour of FREE observation. For more information contact Mary at (734) 769-7794.

Herbal Medicine Certification Enrollment with Mary Light • Saturday, November 15, & December 6 • 11 a.m. to 3:00 p.m. • These are times to visit, register, enroll, meet Mary and students, and prepare yourself to

participate in the Medicinal Herbalist Certification Program which begins January 2026; enrollment deadline is December 6. RSVP required. FREE. For more information contact Mary at (734) 769-7794.

Intuitive and Psychic Development

Psychic Psychology Women's Group Meditation: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, November 4, & December 2 • 7 to 8:00 p.m. • For women only; meditations concentrating on women's issues relative to biological energies and the aura. $10. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, , November 2, & December 7 • 9 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level mental clarity and spiritual openness. $15. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

Meditation

Weekly Silent Meditation Practice with Celeste Zygmont • Ongoing Sundays from 11:00a.m. to Noon AND/OR Ongoing Tuesdays from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self, kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Donation based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, November 1; December 6 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. $35.00 (Lunch included). For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Saturday, November 8, 15, 22, & 29, December 6, 13, 20, & 27 • 10:30 to 11:30 a.m. Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, November 3, 10, 17, & 24, December 1, 8, 15, & 22 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30 to40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation with Jadal Tulku Lobsang Sherap • Tuesday, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 6 to 6:45 p.m. • Join Jadal Tulku's weekly meditation sessions focused on becoming more aware of your thoughts, feelings, and sensations, opening the door to understanding the nature of your mind and how it influences your experiences. A wonderful opportunity to learn and practice concentrated and analytical meditations in a group setting. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / $100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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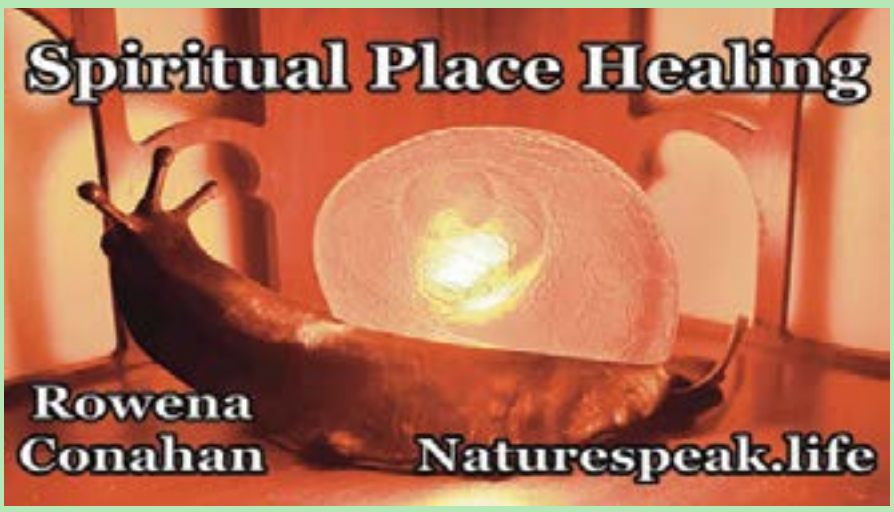

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The Crazy Wisdom Calendar

Introductory Meditation Course with Ordained Meditation Teachers • Thursday, November 6 & 13 • 6:30 to 8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Overnight Beginner's Zen Retreat with Ordained Meditation Teachers • Friday, December 5 & 6 • 7:00 pm to Noon • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. In addition to meditation instruction, the workshop includes overnight accommodation and a vegetarian breakfast. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Music, Sound, and Voice

Folk Song Jam Along with Lori Fithian & Jean Chorazyczewski • Wednesday, December 3 • 6 to 7:30 p.m. • Join us for a different type of sing along—we'llproject lyrics and chords on a screen so you can sing and play along! All singers and players (especially beginners) welcome—Guitar, Ukulele, etc. We sing a little bit of everything—songs by folks! Come Join us! FREE. For more information contact Lori at (734) 426-7818, email folksongjamalong@gmail.com, or visit facebook.com/folksongjamalong.

Soundbath Meditation with Michelle Camilleri • Thursday, November 6 • 6:30 to 7:30 p.m. • Immerse yourself in the healing frequencies of 432hz chakra crystal singing bowls, gong, and various sound tools. Perfect time for self-care as you reboot your nervous system, enter into a deep meditative state, &andsurrender what no longer serves. $30. For more information contact Michelle at michelle.camilleri26@gmail.com.

Singing for Comfort with Layla Ananda • Thursday, November 13, & December 11 • 7 to 8:15 p.m. • We sing short, easy-to learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually a dozen people), or simply listen. FREE, donations accepted. For more information visit interfaithspirit.org or mattwatroba.net.

Cafe 704 with Interfaith Center for Spiritual Growth • Friday, November 8, & December 13 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. Schedule as follows: PATH (Sep. 13), Paul Vornhagen & Aron Kaufman (Oct. 11), Emily & Sam Slomovits featuring music of Joni Mitchell (Nov. 8), Marlena Studer and Steve Ragsdale (Dec. 13). For more information visit interfaithspirit.org.

Community Sound Bath with Rob Meyer-Kukan • Friday, November 7 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. September sound bath theme: chakra balancing sound bath; October sound bath theme: cosmic journey of sound; November sound bath theme: gratitude. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Daytime Sound Bath with Rob Meyer-Kukan • Wednesday, November 19 from 10 to 11:00 a.m. • Join sound therapist, Rob Meyer-Kukan, at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. October resonant relaxation theme: a journey out of this world; November resonant relaxation theme: grateful. $40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Kath Weider & Spirit Singing Band • Friday, November 14 • 7 to 9:00 p.m. • Join lead vocalist, Kath, plus band members, Lori Fithian, Sam Clark, Dan Bilich, and special guests for an evening of songs, song prayers, chants, and improvisational "circle singing," inspired by the work of Bobby McFerrin and his Voicestra. $15 / all donations welcome. For more information visit interfaithspirit.org.

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The Crazy Wisdom Calendar

Peace

Peace Generator with Craig Harvey • Friday, November 21, & December 19 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on or pray for healing, miracles, and peace within ourselves and across the globe. FREE, donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com

Personal Growth

The Circle of Embodied Men with Dan DeSena • Wednesday, November 5 & 19, December 3 & 17 • 8 to 10:00 p.m. • Step into a space designed to help you connect with your body, explore healthy masculinity, and build meaningful relationships. This is more than a men's circle—it's a journey of growth and purpose. $30/session. For more information contact Dan at (734) 368-7819 or email desenadan@gmail.com.

Pregnancy & Childbirth

CAPPA birth doula training with Cynthia Gabriel • Saturday, November 1 • 8:00 a.m. • This is a TWO DAY training to become a birth doula with CAPPA. Your teacher is Cynthia Gabriel, author of "Natural Hospital Birth" and "Fourth Trimester Companion." Join us in person 8:00 AM- 6:00 PM. Cost is $800. For more information contact Cynthia at nestandnurturea2@gmail.com.

Reiki

Restorative Yoga & Reiki-Lithotherapy Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, December 12 • 7 to 8:30 p.m. • Enjoy this gentle, calming yoga practice paired with the healing benefits of Reiki-Lithotherapy. This deeply nurturing and informative workshop teaches stress/anxiety reduction with appropriate crystals placed on the body as well as a mini-Reiki/Lithotherapy session from the instructor. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

Retreats

Advent Retreat with Carol Ann Gross • Sunday, November 30 through Thursday, December 4 • Listening to the ccripture, reflection on its meaning, meditation, and quiet contemplation of the word will provide the context for a retreat which prepares us all for living fully the liturgical call to recognize and accept this new experience of God which begins with Jesus the Christ. Cost: Commuter: $125; Double: $225; Single: $325. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org

Shamansim

Journey Circle with Judy Liu Ramsey • Thursday, November 6 & 20, December 4 & 18 • 7 to 8:30 p.m. • Twice monthly shamanic journeying for personal inner work on themes designed to help you through transitions and new cycles of your life. Pre-requisite: knowing how to journey. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Thursday, November 9 • 10:00 a.m. to 4:30 p.m. • Creating safety is important not only for all attending, but also to strengthen the work. This class gives you practices, journeys, ways of looking at safety and sacred space that will serve you and your clients. It is experiential. You will clear space before and after and set an altar together becoming aware of the aliveness of all beings. $100 until October 25, then $130. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

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By Peggy River Singer

Gold shows itself to me as a human-sized vaguely comma-shaped nugget gleaming from every aspect of its surface, which seems to be constantly shifting. Its energy is smooth, powerful, welcoming, and benign.

When Gold speaks, its energy momentarily surrounds me with warmth and joy, which is withdrawn when the speech has ended and is re-established with the next words.

Gold: Your thoughts about requesting this speaking have become known to us, it is a pleasure to combine our awarenesses in this manner. The energy you are feeling is from what you might call the heart-song of all the Gold Folk. All of them – every atom and molecule and spiritual entity of gold – are listening and joining in this conversation.

Peggy: Thank you! I've read that gold is formed 'during massive cosmic events like the collision of neutron stars or the explosions of supernovae. It was delivered to Earth billions of years ago by a heavy bombardment of meteorites, embedding the gold into the planet's crust over time.' (Wikipedia) Was this experience chosen by your people, or by Creator?

Gold: Creator saw the potential for how we could be of service to your world, and we were eager to assist. It was necessary for us to experience what you've described, but we felt no pain or discomfort as you think of it; it was actually quite exhilarating.

Peggy: What form did your people have originally, and where did you live?

Gold: We existed as individual physical particles, and we lived in The Great Between (open space) and traveled wherever we wished, often in groups or swarms. Many of us continue to follow our traditional paths and customs today.

You wonder whether we knew how important gold would be to humans, when we accepted Creator's invitation. Creator described what our future might look like on Earth, and we decided that an opportunity to colonize a world that would benefit in so many ways from our presence should be accepted.

Peggy: You mentioned being of service to Earth, will you please describe what that service includes?

Gold: Stabilizing, purifying, and balancing energies; and moving energies to where they are needed.

Peggy: What kinds of energies do you work with?

Gold: Gravity, magnetics, all those energies that cooperate to help keep the planet stable in its physical expression.

Peggy: When gold is taken from the earth in great quantities, how does that affect your activities?

Gold: Remember that a great part of our work involves balance. Our manipulations might take billions of years, but the balance is maintained.

Peggy: Can your people work in the past and/or the future in order to assist these manipulations and the overall balance?

[pause]

Gold: Creator has explained to us your concept of linear time. We do not inhabit that kind of reality; but yes, it can be described as "reaching out to the past or the future". Allow me to show you…

Against the black vastness of space, I see the Earth moving steadily through its orbit while colorful streams and bursts and waves and pin-points of energy are in constant motion around it and ribbons of energy flow to the planet and away from it in all directions. I start to feel queasy and a bit dizzy, so the image is withdrawn.

Peggy: Thank you for sharing that with me! My people treasure gold for its beauty as well as its monetary value. How do your people feel about that?

Gold: Appreciation is greatly valued in our culture. We take pleasure in being shaped into beautiful objects that are admired and appreciated.

Peggy: Is there anything else you'd like to express today?

Gold: No, we are satisfied.

Peggy River Singer is an all-beings communicator, faerie ally, Pleiadian Starseed, Lightworker, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.

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The Crazy Wisdom Calendar

Special Events

3rd Anniversary Tea Party at Angel Whispers Healing Center • Tuesday, November 11 • 2 to 4:00 p.m. • Drop in from 2-4pm for treats and hand-crafted herbal teas. Learn about our healing experiences, movement classes, and creative learning opportunities. Tour the healing center and meet the practitioners. Shop the amazing boutique. Free! All ages welcome! For more information contact Barbara Bowman at (734) 478-4263 or visit angelwhispers.org.

Spiritual Development

Sufi Gathering with Imam Kamau Ayubbi • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. A donation of $5-$10 is suggested. For more information visit interfaithspirit.org.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, & John Orr • Tuesday, November 4 &18, December 2 & 16 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

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Stress Management

Free Focus Café: Embodied Coworking on Zoom with Debra Hopper • Thursdays, November 6, 13, & 20, December 4, 11, & 18 • 10 to 11:00 a.m. • Join us for an hour of calm, focused productivity. Begin by naming your intention, settle in with a short embodiment practice, then work quietly in good company. Wrap up with light accountability. Ideal for remote workers, students, creatives, and anyone who benefits from structure, support, and showing up. FREE. For more information contact Debra at (734) 355-6656, email hello@debrahopperonline.com, or visit debrahopperonline.com.

Tai Chi, Martial Arts, and Self Defense

Beginner Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $225; semester begins September 8. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays AND/OR Thursdays from 5 to 6:00 p.m. AND/OR Saturdays from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at nnarbortaichi@gmail.com or visit annarbortaichi.com.

Continuing Tai Chi with Carmo Ribiero • Monday, October 6, 13, 20, & 27, November 3, 10, 17, & 25, December 1, 8, 15, 22, & 29 • 4:30 to 5:30 p.m. • Go beyond the basic principles of Beginners Tai Chi. The movements of Tai Chi are performed in a slow, relaxed fashion and provide numerous mental, physical, and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, focus, memory, and concentration and increase strength, flexibility, and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Beginner Tai Chi with Carmo Ribiero • Wednesday, November 5, 12, 19, & 26, December 3, 10, 17, 24, & 31 • 4:30 to 5:30 p.m. • Whether you are completely new to Tai Chi or need to practice the fundamentals, learn about this "moving meditation" to help activate and stretch your muscles in a slow, gentle manner. No special clothing or equipment are required. Tai Chi helps to improve mental and physical wellness. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Advanced Tai Chi with Stuart Eddy • Friday, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • Noon to 1:00 p.m. • Go beyond the basic principles of Beginners Tai Chi with movements performed in a slow, relaxed fashion and provide numerous mental, physical and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, flexibility, focus, memory and concentration and increase strength, flexibility and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Wu Style Tai Chi Chaun with Marilyn Feingold • Sunday, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in - $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Tarot and Divination

Highest Guide Tarot & Channeling with Mari Ziolkowski • Ongoing Thursdays • 2 to 7:00 p.m. • Highest guide meditative tarot, light language channeling, herbal healing divination, Andean Mesa clearing and healing. Offered by appointment. $2 dollars a minute. For more information contact

Mari at (505) 484-9134, email mari.p.ziolkowski@gmail.com, or visit sparklegoddessspiritualservices.com.

Tarot & Oracle Readings at Crazy Wisdom with Nina McDermott • Ongoing Fridays from 2 to 7:00 p.m. AND/OR Ongoing Saturdays from 3 to 7:00 p.m. • Intuitive Tarot & Oracle Readings with Nina provide clarity, guidance, and deep understanding. Ask a question or see what the cards have to tell you about what's going on in relationships, your spiritual path, or life challenges. Three card—$20, five card—$45, nine card— $65. For more information contact Nina McDermott (323) 363-4807, email nina@seeseehealing.com, or visit seeseehealing.com.

Intuitive Guide & Oracle Card Reader with Deborah Cherrin • Ongoing Saturdays from Noon to 5:00 p.m. & Sundays from Noon to 3:00 p.m. • Through her heartfelt approach and psychic awareness, Deborah uses tarot and oracle cards to help clients find comfort, clarity, and healing in all aspects of their lives. Deborah empowers others to trust their intuition and tap into their inner strength, fostering personal growth and transformation. $2 per minute. No services offered the final weekends of each month. For more information contact Deborah at debcherrin@gmail.com or visit wiseowlartandspirit.com.

Dance & Divination with Mylita Benjamin • Friday, October 17, November 21, & December 19 • 7:30 to 9:00 p.m. • Using guided movement meditation, journaling, and ritual to explore the art of divination. there will be time for sharing in community, as well as additional support from our guide, Mylita. This is an LGBTQ+ and BIPOC safe space! Bring a Yoga mat, eye cover, journal, and water bottle. No dance or divination experience necessary, all levels welcome! $140. For more information contact Mylita at mylitabenjamin@gmail.com.

Theater

DJ Whittington's Kool Kat: A Hip-Hop Panto by Carla Milarch & R. MacKenzie Lewis • Friday, December 5 through Sunday, January 4 • Fridays at 7:30 p.m., Saturdays at 3:00 p.m. AND 7:30 p.m., Sundays at 2:00 p.m. • The holiday hilarity of our annual Panto returns. Bring the whole family to this rollicking all-ages entertainment with a hip-hop twist. Cheer the hero, boo the villain, and enjoy original tunes and kid-friendly parodies of popular hip-hop song—set to The Kool Kat's sick beats. Directed by Mike Sandusky. Single tickets: $32 for adults, $12 for kids 16 years and under. For more information contact Theater NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

Writing and Poetry

Crazy Wisdom Poetry Workshop with Edward Moring, David Jibson, & Lisa Perrin • Wednesday, November 12, & December 10 • Informal writers' workshop. All welcome. Participants read the draft of a poem or short fiction for positive, constructive comments by peers. Workshops are held online via Zoom. For more information contact cwpoetrycircle@gmail.com or visit cwcircle.poetry.blog.

Plein Air Poetry: Revision with Mary Ledvina • Wednesday, November 12 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. Bring your poem drafts and will discuss and give you space to revise your work. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Writing Workshop: Anticipating Holidays with Tarriane DeYonker • Saturday, November 29 • 1 to 4:00 p.m. • This workshop will explore both our anticipation of them and our memories of holidays past, noting how each affects the other. Come join us in writing, reading our work, and giving feedback on each other's writing. Beginning and experienced writers will find this opportunity helpful. This is an in-person workshop. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Yoga

Iyengar Yoga with David Rosenberg • Mondays from 6 to 7:30 p.m. AND/OR Thursdays from 7 to 8:30 p.m. AND/OR Saturdays & Sundays from 10 a.m. to 11:30 a.m. • Semester begins September 15th. Experience invigorating yoga postures using Iyengar methods to provide strength, flexibility, and balance. Create a feeling of well-being, reduce stress, and release tension. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $125 for the 10-class session. For more information contact David (734) 646-4195, email massage4@aol.com, or visit aarecedonline.com.

Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so early registration is necessary; semester begins September 9. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

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Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

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The Crazy Wisdom Calendar

Yoga for Athletes & More with Yoga House Ann Arbor • Ongoing Wednesdays • 6 to 7:30 p.m. • Anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. For more information visit yogahouseannarbor.com.

Wild Goose Qigong with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. Not wheelchair accessible. $225 for semester; begins September 9. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Hatha Yoga with Sam Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Thursdays • 10:20 to 11:20 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Golden Lotus Hatha Yoga Classes with Song of the Morning Yoga & Meditation Retreat • Ongoing Saturdays • 2 to 3:30 p.m. • Taught in the Golden Lotus Yoga style developed in the 1950s by Yogacharya J. Oliver Black, a direct disciple of Yogananda, these classes are slow-paced, meditative, and designed for all levels of experience. Each class includes short meditations and is infused with spiritual inspiration to attune you with the sacred being that you are. FREE, donations accepted to support free class offerings. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Gentle Flow Yoga with Caitie Shaughnessy • Monday, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 11 a.m. to Noon • Gentle Flow Yoga is the perfect experience for anyone who enjoys yoga and would like a gentle to moderate level of challenge. The class incorporates breath work, standing flow sequences, prone and supine work, and different anatomical areas of focused support as well. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Ashtanga with Sandra Allen • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Ashtanga yoga is a regimented series of asanas "postures" that are connected to the breath. The focus in this class is the first half of the primary series. Students may advance or modify as guided by the instructor. Ashtanga is foundational for any yoga class for proper alignment and strengthening. Set an intention to challenge yourself. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Yoga Essentials with Laurie Dean • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 10:30 to 11:30 a.m. • Participants will learn the building blocks of yoga practice. These classes are great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice. Your instructor will lead you through basic and gentle standing and seated poses and you will learn about the healing benefits of Yoga. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Don't miss the calendar deadline for the winter issue of The Crazy Wisdom Community Journal. Deadline is November 12th.Learn more here:

Submit my Event Listing

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LET'S REIMAGINE LIBERTY PLAZA!

Downtown parks are for everyone. Creating and maintaining inviting public open spaces at the city center brings people together.

Liberty Plaza, located in Ann Arbor's downtown core, was created in 1977 and has changed little since then. With the increase in downtown residents in recent years, Liberty Plaza becomes more important as an open space park.

Limitations of the original design

Liberty Plaza is about a quarter of an acre, with stairs and ramps that descend from street level to the "garden level"of the adjacent, privately-owned property. A newsstand/bookstore in that space once attracted parkgoers, but it is long gone. The City of Ann Arbor has made occasional minor improvements to spruce up Liberty Plaza, but the park's physical design remains problematic.

Recreating Liberty Plaza

We can work together to reimagine Liberty Plaza! In the conceptual site plans (right) a potential redesign of Liberty Plaza shows the plaza raised to street level. The open space is a green lawn with a water feature for warm weather, converting to an ice-skating rink during winter. This concept anticipates the adjacent First Martin building reorienting its street-level commercial use toward the recreated plaza.

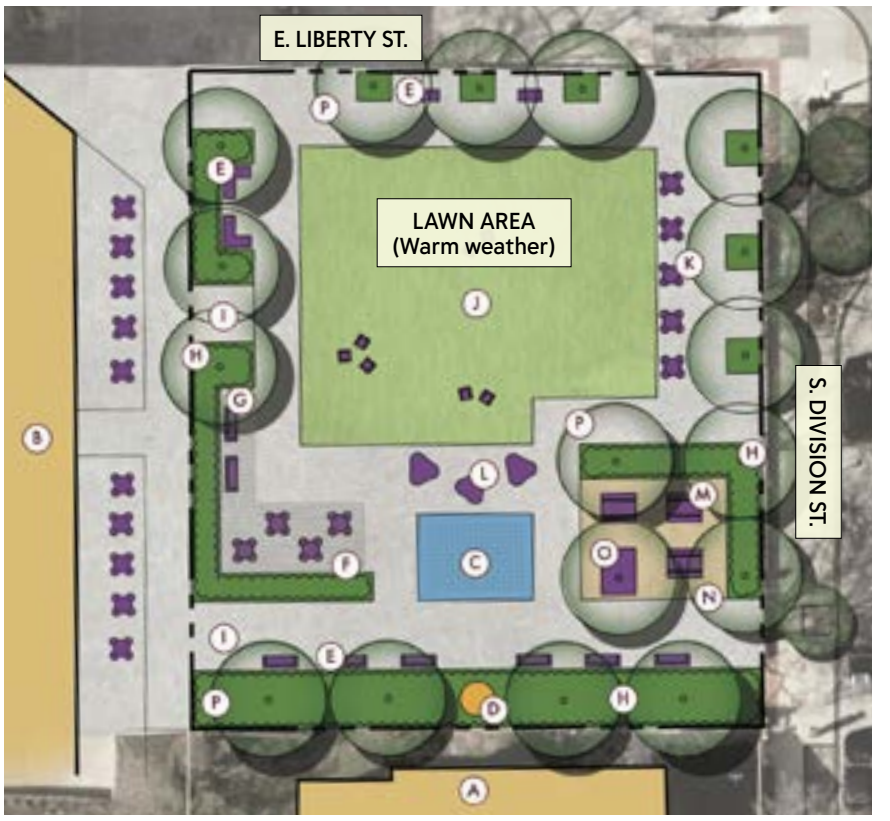
Potential sources of funding for Liberty Plaza's reinvention

DOWNTOWN DEVELOPMENT AUTHORITY
The DDA was created to reinvest tax dollars in the downtown. Attractive urban parks have a positive economic impact on surrounding businesses. The DDA would be an excellent partner in the redesign of Liberty Plaza.

STATE GRANTS The City of Ann Arbor is eligible for millions of dollars in state funds earmarked for urban parks, including the MEDC's Michigan Talent Partnership grant program.

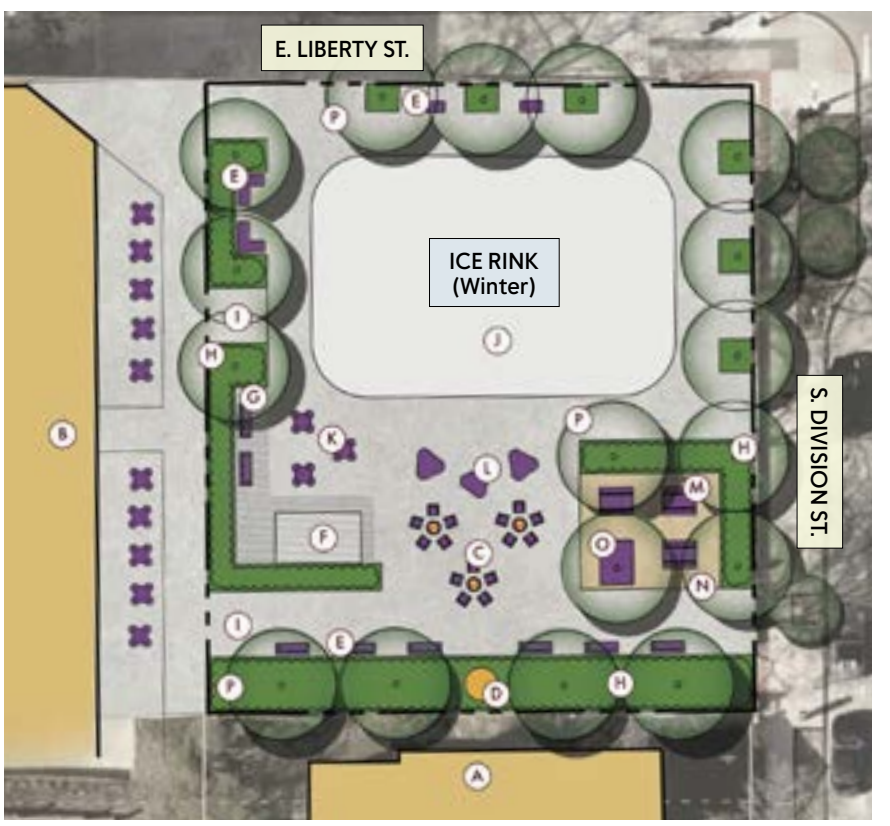
PRIVATE DONATIONS Public investment could be paired with fundraising from private sources. Contributions could come from individuals, businesses and foundations.

A PARK FOR ALL SEASONS



LANDMARKS & POSSIBLE PARK FEATURES

- (A) **Kempf House**
- (B) **First Martin redevelopment**
- (C) Splash pad
- (D) Sculpture
- (E) Benches
- (F) Shade structure with seating
- (G) Shade structure with bench swings
- (H) Planted area
- (I) Connection to First Martin building
- (J) Lawn area / Ice rink
- (K) Tables and chairs
- (L) Concrete benches
- (M) Communal tables
- (N) Aggregate surfacing
- (O) Seating platform/ planter
- (P) Trees



Let's create an inviting downtown park!

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Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
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Submit your listing for the January through April 2026 issue!

Are you a new practitioner in town? Do you have a new class, workshop, or retreat offering? Did your new book just come out? Did you move to a new space? Just have some really exciting news?

If you would like to submit information to be considered for the What's New in the Community column for the winter issue, please email: communitynews@crazywisdom.net.

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"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse"

- Henry Van Dyke.